



# (Upgrade Version) Level 2 Yoga Teacher Training Course for Restorative Graduates

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**SKU** UC5  
**Weight** 11.00 lbs  
**Our price:** **\$527.00**

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## Level 2 Upgrade for Restorative Graduates is a 180 Hour Upgrade Course.

The following course is eligible for this upgrade:

- [Restorative Yoga Teacher Certification Course - Level 1](#)

### 180 Hour Yoga Teacher Training Breakdown:

- 30 Hours of Yoga Techniques
- 50 Hours of Methodology
- 10 Hours of Anatomy and Kinesiology
- 60 Hours of Yoga Philosophy
- 30 Hours of Practicum

Proof of a Yoga Teacher Restorative Certification, and a video of you teaching a class, is a prerequisite to this course. (If you are upgrading from a Restorative Course which is outside of our programs, please contact us at 1-508-222-0092 to make sure you are eligible to take this course.) Your Level 2 course contains the following materials.

- **Chakra Theory and Meditation by Paul Grilley DVD (Over 5 Hours of Chakra Theory and Meditation Information)**
- **Mudras: Gestures of Power** DVD
- **Light on Pranayama: The Yogic Art of Breathing** Book
- **Introduction to Universal Yoga** DVD
- **The Seven Spiritual Laws of Success** CD
- **Tandava Music** CD
- **Yoga Shakti** (2 DVD Set)
- **Step-By-Step Instructions with Exams**
- **Unlimited e-Mail & Phone support:** No matter which of our courses you purchase, support is never an issue or an additional cost to you.
- **Free Exam Grading:** Aura does not charge any additional fee to grade your final exams.
- **Step-by-Step Instructions and Exams**
- **30 Day Money Back Guarantee**

Your Level II course is packed with the best resources of our time. Pranayama, Mudras, Chakras, Philosophy, Asana Contraindications, Anatomy, and Subtle Anatomy are all completely covered.

